



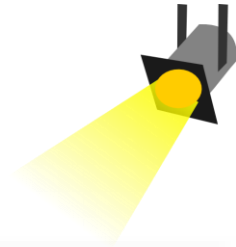
3/23/2018

# City Manager's

# WEEK-IN-REVIEW

in the

# Spotlight



## Highlights

ITMS Problem Solvers Group meet with Mayor Holland:

This week, several students from the Indian Trails Middle School Problem Solvers Group met with Mayor Holland in a virtual meeting. The students shared a presentation with the Mayor about their ideas in aligning careers with businesses and education. An impressive group of young people!



**ITMS Students Have Virtual Meeting with Mayor Holland**



## Highlights

### Palm Coast Firefighter Interns Featured:

This month's edition of the Florida Fire Chief's Association, Florida Fire Service Magazine features an article entitled "Home Based Interns are Fired Up", written by City Communications & Marketing Manager Cindi Lane. The article highlights the Fire Department's Internship Program.

### Welcome Gioia Sails South:

On Friday, March 16, Gioia Sails celebrated the groundbreaking of a 30,000 foot building in the Pine Lakes Commerce Park in Palm Coast. In her speech, the Mayor highlighted this exciting project, the partnership between the City and County, and Gioia Sails positive impact on our local economy.



### Home Based Interns are Fired Up

*By Cindi Lane, Communications & Marketing Manager, City of Palm Coast*

In a moment of crisis, you'd want someone like Firehouse Director and Scott McBrink to come to your rescue. These firefighters possess professional expertise and integrity that has been bolstered by their training in the Palm Coast Fire Department's recent program. In the end, they are our neighbors, home-based right here in Palm Coast.

Fernando and Sean are two members of a new City of Palm Coast Fire Department internship program that addresses department growth and retention. Several years ago, Deputy Fire Chief Jerry Kutz discovered that some of our current firefighters were resigning from their jobs to go back to high schools in their hometowns. "We worked to develop an innovative plan, examining volunteer firefighters who reside in Palm Coast as an internal source to fill vacancies within the department at the entry level."

Here is how it works: Candidates first apply as volunteers to learn the operation and education requirements needed to advance within the service. Next, after applying and being accepted for the internship program, they are assigned to one of the department's career internships for training and advancement. Upon successful completion of their educational requirements and certification as a firefighter I and EMT, they are eligible for the next career opening based on a point system and their training time.

"When you give your own, there's no question about the character of the people you're hiring," said Deputy Chief Jerry Kutz. He feels the best place to find dedicated career people with the persistence sense of duty to protect our community is right here at home. In addition, he knows that firefighters like Fernando and Sean now possess these essential

for access to critical emergencies in Palm Coast.

The program has become a success for the resident and firefighters. "Thinking in my own community makes me feel that you're the best," said Firefighter Sean McBrink. Firehouse Director Fernando agrees the path he feels when he is called to an emergency. "When I'm helping my fellow residents, I just know I'm doing the right thing to do."

That ongoing achievement was that the Northeast Florida Regional Council with the Regional Board recently recognized the Palm Coast Fire Department Internship Program for Excellence in Public Safety. This distinguished honor is presented to a sector that unites cooperation and access in planning and growth management. It's a fitting tribute to the men and women who serve our City in Palm Coast, FL, and to a community that produces innovation.



### FCA New Members February

David Bailey	Carl Collins Fire Department	Gregory Lopez	Chris Reed Fire Department
John Brandy	Henry County Public Safety	Steve's Shelton	Paul D. The Wood
David Brown	Orange County Fire	Paul Smith	John Kelly Fire Station
Christopher Crowley	Ferris State of Fire Central District	Kevin Lamy	Smith Fire House
William Dumas	Orange County Fire	Scott Smith	Smith Fire House
Tim Dumas	Orange County Fire	Steve Smith	City of Fort Lauderdale
John Egan	Orange County Fire		
John Egan	Orange County Fire		

**Florida Fire Service Magazine features "Home Based Interns are Fired Up" Pictured: Volunteer Firefighter Intern Brandon Davis**



## GIOIA SAILS SOUTH Groundbreaking

**MARCH 16, 2018**  
16 Commerce Blvd,  
Palm Coast, FL 32164  
[www.GioiaSails.com](http://www.GioiaSails.com)

The event will begin promptly at **3:00pm**

# Announcements



*Community Center Grand Opening and Ribbon Cutting Event  
Friday, March 23, 5pm to 7pm  
Community Center, 305 Palm Coast Parkway NE*



*Free Kids Tennis Class  
Saturday, March 24, 10:30am to 11:30am  
Palm Coast Tennis Center*



*Central Park in Town Center*



*Tuesday, April 3, 11:30am – 1pm  
Palm Coast Community Center*

***Next Week:***

- *Tuesday, March 27, City Council Workshop, 9am, City Hall – Community Wing, 160 Lake Avenue*

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## Attachments

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- Administrative Services & Economic Development Department Update
- BAC Update
- Public Works Department Update
- Community Development Department Update
- Fire Department Update
- Parks & Recreation Department Update
- Utility Department Update
- Humane Society Update

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## News Releases

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- Egg Hunts (March 30 and 31 events)
  - New recreation programs at Palm Coast Community Center along with April calendar of events
  - the Mayor's 30/30 Challenge
  - Good Friday office closing and garbage schedule (March 30)
  - City and FL Hospital Flagler partner for Health and Wellness Events
  - Road closures: Ryding Lane and Reynolds Place.
-



## Communications & Marketing

The Community Center Grand Re-Opening Friday evening (tonight) has been our major focus. We can't wait to share it with our residents! For a final push to invite everyone, we created a short video invitation: <https://youtu.be/eYefB4dsli8>. We designed a flier showing the history of the Community Center, created a handout about the features of the new center and designed signage for the playground.

The Mayor's 30/30 Challenge kicks off Saturday! The challenge is to exercise at least 30 miles – whatever fitness activity you choose – in 30 days. Sign up and start logging your progress at [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy).

Our staff attended a training meeting of all of our community's Public Information Officers, and we had the opportunity to meet Flagler County's new emergency management chief, Jonathan Lord. We staffed the Citizen's Academy at Water Treatment Plant 2 and the City Council meeting, including videotaping/airing "live" the meeting. Graphic design was completed for the Arbor Day flier, and we posted to Facebook, Twitter and Instagram.

Our news releases and announcements this week included: Egg Hunts (March 30 and 31 events); New recreation programs at Palm Coast Community Center, plus April calendar of events; the Mayor's 30/30 Challenge; Good Friday office closing and garbage schedule (March 30); City and FL Hospital Flagler partner for Health and Wellness Events; and Road closures: Ryding Lane and Reynolds Place.

Now our attention is moving toward creating a presentation and video for the upcoming State of the City event. Please join us for that event April 3 at the Community Center!

## City Clerk

- Processed 8 public records requests.
- Processed 3 litigation documents.
- Prepared and processed 45 documents for recording.
- Prepared 6 agenda items.
- Prepared 3 proclamations.
- Prepared and posted 1 agenda and 2 sets of approved meeting minutes to Web.
- Processed 8 resolutions.
- Processed 4 ordinances.
- Processed 1 bond.
- Completed 1 Proof of Life document for a citizen.

City of Palm Coast (Official)  
Published by Hootsuite [?] · Yesterday at 5:20pm · 📍

Magic, music, egg hunts, balloons, and an aerial show by VertiFit! These are all the things to look forward to at Egg' Stravaganza on March 31 in Central Park! [www.palmcoastgov.com/events](http://www.palmcoastgov.com/events)

Palm Coast Parks & Recreation  
**Egg' Stravaganza!**  
Saturday, March 31  
10am - 1pm  
Central Park, Town Center

Egg Hunts Begin at 10:45am  
Polaroid Pictures with the bunny - \$2

Entertainment:  
• Mark Alan Magic • Twist of Fun Balloon Art  
• VertiFit Aerial Arts • DJ Vern • Face Painting

386.986.2323  
[palmcoastgov.com/events](http://palmcoastgov.com/events)

**Social Media  
POST OF THE WEEK**

## Central Services Division

### Purchasing

Status	Ref. #	Project
Pending	RFP-UT-18-17	Advanced Metering Infrastructure
Pending	RFSQ-CD-18-41	Design Services for Lehigh Trail Trailhead at Belle Terre Parkway
Pending	ITB-UT-18-30	PEP Tank Pump Panel Assemblies
Open	ITB-UT-18-24	Wastewater Residuals Management Services
Open	ITB-CD-CME-17-39	Construction of Lakeview Boulevard Multi-Use Path
Open	RFP-IT-18-36	FiberNet OSP Operations and Maintenance
Open	LOI-CD-18-31	Professional Services for Citation Parkway Improvements
Open	LOI-CD-18-32	Professional Services for Whiteview Parkway Improvements
Open	RFSQ-CD-18-42	Grant Compliance Services
Open	RFSQ-CD-18-43	Recreation Center Master Plan
Evaluating	RFS-ADM-18-25	Executive Search Firm
Evaluating	RFSQ	Lakeview Boulevard Path & Seminole Woods Intersection Improvements
Reopened	ITB-UT-18-14	Wastewater Treatment Plant No. 1 Odor Control Improvements Project
Reopened	ITB-CD-18-40	Pipe Replacement and Rehabilitation Project 1 – 2018
Completed	RFP-PR-18-02	July 3rd, 2018 Aerial Fireworks Display
Completed	RFP-PW-18-22	Custodial and Cleaning Services of City Facilities
Completed	ITB-UT-18-27	Wastewater Emergency Collection Services
Completed	ITB-CDBG-18-34	Community Development Block Grant
Completed	ITB-PW-18-33	Concrete 4,000 PSI with Fiber Mesh

### Contracts Processed:

- PMB Constructors, Inc - Construction Contract for replacement of WWTP#1 Clarifier Mechanical Equipment – ITB-UT-18-20
- Environmental Land Services of Flagler County, Inc – Franchise Agreement – Annual non-exclusive commercial solid waste franchise - 3/19/2018-3/19/2019
- Fireworks by Santore, Inc – Master Service Agreement – to provide the fireworks display for the city’s July 3<sup>rd</sup> event – RFP-PR-18-02 - 3/21/2018-3/20/2019
- Frontier Service Design, LLC – Master Service Agreement – Economic Development strategic consulting services – 3/20/2018-3/19/2019
- Trafficware Group, Inc – Piggyback contract – Utilizing pricing for various traffic signal controllers and related equipment – ITB-DOT-16/17-2087-DS- 3/21/2018-3/20/2019

# BUSINESS ASSISTANCE CENTER



## The Palm Coast Business Assistance Center Services Provided by the SBDC at UCF

Located at City Hall  
160 Lake Avenue  
Palm Coast, Florida 32164  
(386) 986-2499  
[www.PalmCoastBAC.com](http://www.PalmCoastBAC.com)

### BUSINESS CONSULTING

- This Week – 12 Consulting Sessions, 36 Consulting Hours
- Total for Month – 36 Consulting Sessions, 118 Consulting Hours

### PALM COAST BAC IMPACT

- Economic Impact This Fiscal Year - \$2,324,000
- Economic Impact to Date- \$28 Million
- Return on Investment - \$86 per Tax Dollar Invested

### NEW PALM COAST COMMERCIAL BUSINESSES

- JLD Hair & Nails Studio LLC – 10 Cypress Pt Pkwy – Salon
  - Fireworks by Santore Inc – 18 Hargrove Gr – Office/Warehouse
- \*\*\*Note: Fireworks by Santore Inc was located in Bunnell, now in Palm Coast\*\*\*

### NEW PALM COAST HOME BASED BUSINESSES

- Casa Care – Handyman Service
- Imperial Cleaning Service – Janitorial Service
- Eric Perez – Handyman Service
- Forrest Rayne Enterprises LLC – Handyman Service



# PUBLIC WORKS – Nestor Abreu, Director



Edging sidewalk- Palm Harbor Drive



Resodding baseball field- ITSC



Trimming hedges- Old Kings South



Aerating St Augustine grass  
Bulldog Drive

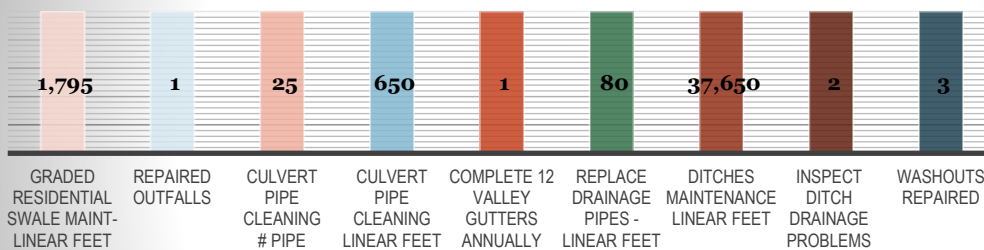


Grading playground path- Community Center

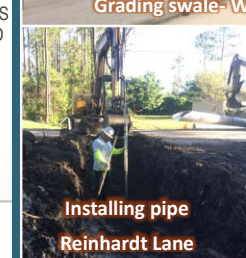
## Parks & Medians Division



## Stormwater Division



Grading swale- Woodston Lane



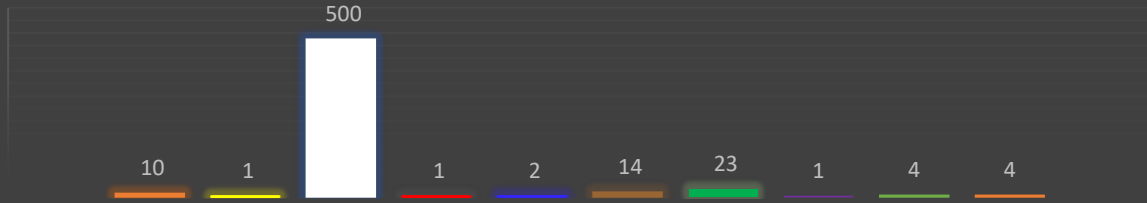
Installing pipe  
Reinhardt Lane



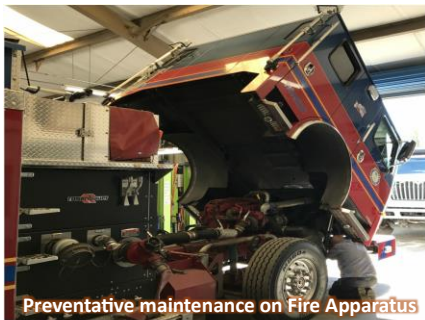
Increasing ditch capacity  
Ramblewood Drive



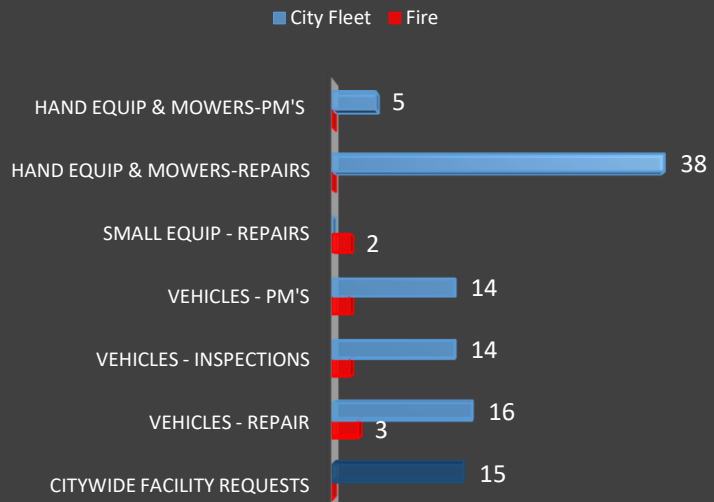
# Streets Division



- Curb & gutter swept # of miles
- Screen & recycle dirt for City projects - Cubic yards
- Traffic control for special events
- Street light inspections
- Hazardous tree removal
- Sidewalk Repair- Linear Feet
- Traffic signal work
- Repair signs
- After hours call
- Special Projects

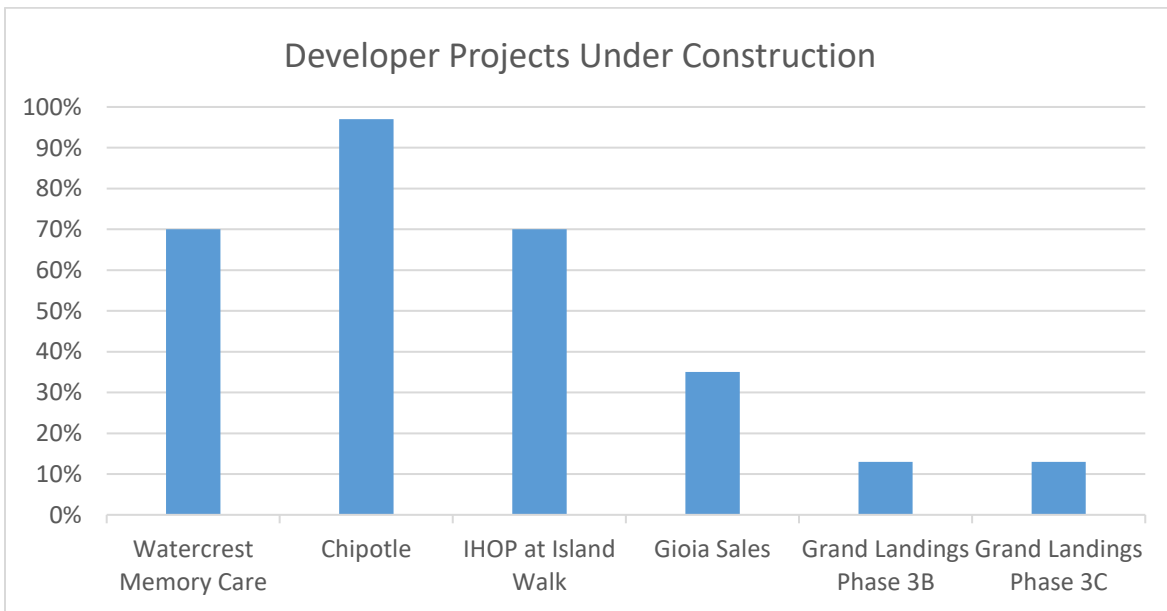
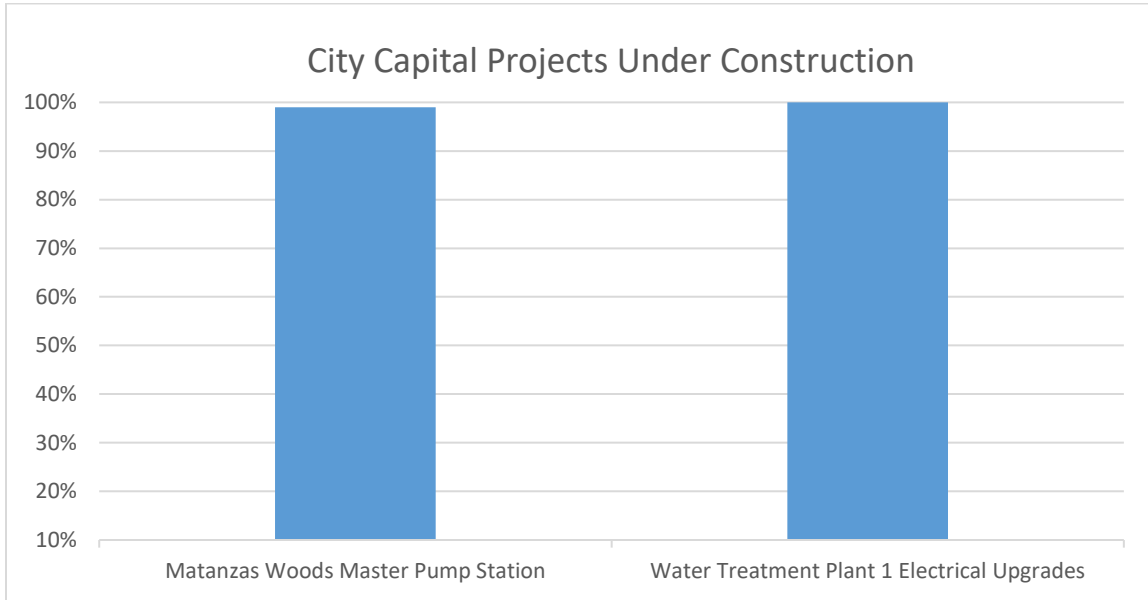


## Facility & Fleet Service



# COMMUNITY DEVELOPMENT – Stephen Flanagan, Director

PROVIDE GUIDANCE FOR WELL-PLANNED GROWTH AND DEVELOPMENT FOR THE PROTECTION OF THE CITY'S NATURAL RESOURCES, PUBLIC HEALTH, SAFETY, AND WELFARE.

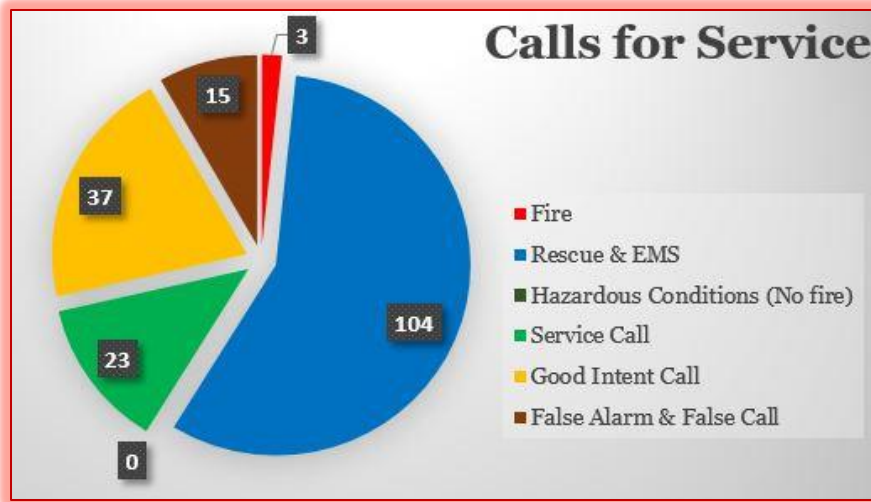


Commercial Permit Issued			
10 Commerce Blvd	Build Dumpster Enclosure	Commercial Construction	\$1,700,000
3 Boulder Rock Drive units 101-102	Interior Renovations	T-Con Group	\$2,000
Wellfield Grade & US Hwy 1	Turn lane off of US 1 into Wellfield Grade heading north	Halifax Paving	\$100,000
Belle Terre Blvd & State Road 100	Turn lane off of Belle Terre south of State Road 100	Halifax Paving	\$250,000
Occupancy Permit Issued			
4490 N Hwy 1 Building J Unit 108	Daisy Bell Auto Sales - online	Linda Broxton	
101 Palm Harbor Parkway Unit 114	Joann Perryman LMT - massage therapist	Joann Perryman	
Development Application			
Technical Site Plan Tier 1	Belle Terre Gas and FF Rest Tract 22	PC Lane LLC	
Final Plat	Waterside Super Center (Pavlov Property)	Charlie Faulkner	
Technical Site Plan Tier 1	Cypress Knoll Clubhouse	Charlie Faulkner	
Permitting Activities			
Total Permits Issues:			269
Residential Single Family/Duplex Residences			14
Construction value improvements from October 1, 2017 to date			\$151,753,298

## Spotlight Projects

The Final Plat for (Application # 3414) Marina Del Palma Subdivision comprises 109.21 +/- acres and is located on the east side of Colbert Road at Harbor View Drive. It was approved by the City Council on March 20, 2018. The applicant, Kenneth W. Belshe of WGA Investments, LLC, representing Sunbelt Palm Coast Marina, LLC subdivided the land into 154 single-family lots and 6 tracts for future development of mixed uses.





## GUIDANCE

### Tip of the Month:

Water Safety Awareness

[https://www.youtube.com/watch?v=wx\\_bdoCXTCY](https://www.youtube.com/watch?v=wx_bdoCXTCY)

Download CoderED to be notified of emergencies that may impact your safety:

<http://www.palmcoastgov.com/emergency/codered>

Volunteer Intern  
“Become a Volunteer”

<http://www.palmcoastgov.com/government/fire/volunteer>

Register for Basic First Aid & CPR or Healthcare Provider:

<http://www.palmcoastgov.com/government/fire/cpr>

Car Seat Installs & Smoke Detector  
Battery Change:

Please call 386-986-2300 or stop by any of our fire stations

## COMMUNITY OUTREACH

### Basic First Aid & CPR:

March 24<sup>th</sup>

CLASS FULL

April 14<sup>th</sup>

12 openings

### Healthcare Provider:

April 20<sup>th</sup>

4 openings

## DEPARTMENT ACTIVITIES

Please take note, if you see a wildfire/flames, walk or drive away from it immediately and call 911. Wildfires spread quickly and can change direction with the wind. Do not call the fire department, call 911!

This week Fire Academy students spent 50 hours doing Ride Alongs at the stations.

This month’s edition of the Florida Fire Chief Association, Florida Fire Service Magazine features “Home Based Interns are Fired Up” by Cindi Lane. It highlights the Fire Department’s Internship Program.

Palm Coast Volunteer Fire and Rescue are seeking additional Volunteers. Please apply at:

<http://www.palmcoastgov.com/government/fire/volunteer>



**Home Based Interns are Fired Up**

It is a matter of only a few hours before the firefighters and their vehicles are on the scene. Next, after applying and being accepted for the internship program, they are assigned to one of the department's career locations for training and advancement. Upon successful completion of their educational requirements and certification as a firefighter II and EMT, they are eligible for the next level of opening based on a point system and their training time.

"When you give your only, there's no question about the character of the people you're hiring," said Deputy Chief Jerry Fierro. He feels the best place to find qualified career people with the personal care of their own people is in their own homes. In fact, he believes, he knows that firefighters are the most dedicated and honest people in the community and have the most personal investment in their careers.

Fierro and his team are now presenting their proposal to the city council to expand the program to include career firefighters in the city.

There is a need for career firefighters in Palm Coast. The program has become a success for the residents and firefighters. "Working in our own communities and in our own homes is the best way to live," said Firefighter Steve Melillo. Firefighter Melillo's statement shows the role he feels when he is called to an emergency. "When I'm helping my fellow residents, I just know I'm doing the job I was meant to do."

The growing achievement was that the Palm Coast Fire Department recently recognized the National Fire Department Internship Program for Excellence in Public Safety. This distinguished honor is presented to a system that meets the highest standards in public safety and community service. This is a shining tribute to the dedication and hard work of the firefighters and the community they serve.

Florida Fire Service Magazine features “Home Based Interns are Fired Up” Pictured: Volunteer Firefighter Intern Brandon Davis



## Parks & Recreation – Alex Boyer, Director

Parks & Recreation has had a very busy week. Our Youth Program staff wrapped up a fun and successful Spring Break Camp as well as kicked off a new season of Little Kicker Soccer.

Our Aquatics staff has been preparing for the pool to open on April 2. They have been training Facility Clerks and Lifeguards. They held their Basic Swim Instructor course on March 16-18.

Our Athletics staff, along with the help of other Parks & Recreation staff, held another great National Christian College Athletics Association (NCCAA) Youth Sports Clinic on Saturday, March 17. The sports offered were basketball, baseball, soccer, golf, and volleyball. Golf was coordinated by our Golf General Manager and held at Palm Harbor Golf Club. This event brought in over 100 kids ages 6-16 years. We are looking forward to continuing this partnership next year as well.

We also conducted our interviews for the Parks & Recreation Marketing Internship position and made our decision on a qualified candidate. We are excited about what is to come from this internship.

On Tuesday, March 20, our Recreation Supervisor of Marketing held a presentation at the City Council Meeting announcing our new expanded partnership with Florida Hospital Flagler in providing Parks & Recreation health & wellness events. We have already scheduled a few new programs and will be expanding these opportunities in the near future. We are very excited about the new public health screening event being held at the soon-to-be-opened Community Center for our July is Parks & Recreation month. See [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register), under the Special Events tab, for details.

Of course the biggest focus this week was preparing for the Community Center Grand Re-Opening. Staff has been putting the finishing touches on everything to create a successful event. Our Recreation Specialist, Recreation Supervisor of Marketing, and Youth Program staff completed a craft with the Spring Break Camp kids. They painted their handprints on the ribbon that will be used at the Community Center Grand Re-Opening. Some of our adult residents also painted their hands on the ribbon to symbolize this multi-generational facility and all ages of the community coming together. The Grand Re-Opening is Friday, March 23 from 5-7pm and there will be tours held on Saturday, March 24 from 9am-1pm.

### Summer 2018 Activity Guide

<http://www.palmcoastgov.com/recreation>

### Online Registration & Activities List

<http://www.palmcoastgov.com/register>

## Program Highlights

### Lunch N' Lecture Series

Participants enjoyed a free lunch and lecture on Friday, March 16 from Florida Hospital Flagler's Dr. Sharrell Cooper on "The Aging Brain and Memory Loss."

### NCCAA Youth Sports Clinic

Our community's youth enjoyed a free youth sports clinic offered by NCCAA and Parks & Recreation on Saturday, March 17.

### Little Kicker Soccer

Toddlers kicked off the first session of Little Kicker Soccer in Holland Park on Saturday, March 17.

### Coffee Series

Participants enjoyed a lecture on "Alzheimer Support Group" with Nicolle Cella of Amedisys Home Health on Wednesday, March 21.

### Recurring Athletic Programs

Tennis Programs for adults & kids  
Pickleball  
Open Gym Volleyball  
Open Gym Basketball



Ribbon Craft for Community Center Grand Re-Opening

## COMING UP

**Community Center Grand Re-Opening** – March 23

**Community Center Tours** – March 24

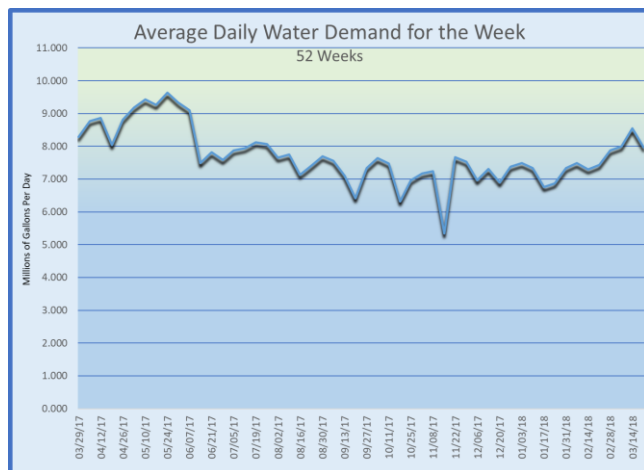
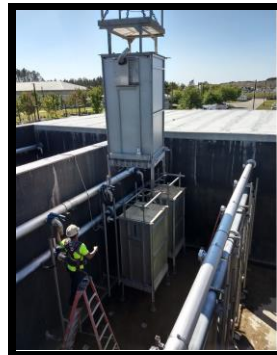
**Teen Flashlight Egg Hunt** – March 30

**Egg'Stravaganza** – March 31

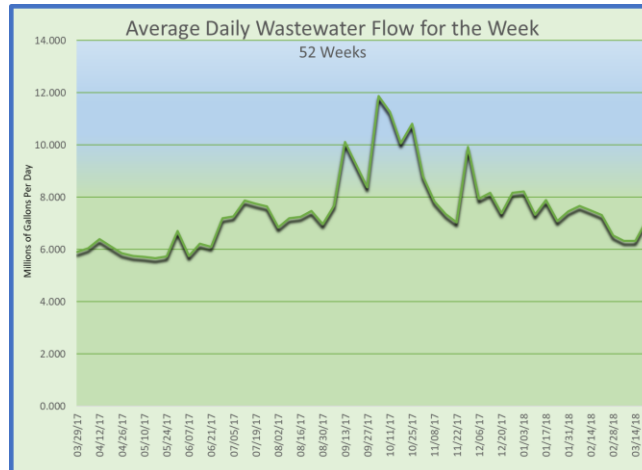
## Utility – Richard Adams, Director

3-22-2018

- The average water demand for the week was 8.325 million gallons per day.
- The average wastewater flow for the week was 7.122 million gallons per day.
- Crews installed 18 new water meters, 1 new irrigation meter, 3 reuse meters and 2 new PEP tanks.
- Contractors replaced 1 PEP tank.
- There are 21 new PEP tanks pending and 5 PEP tank replacements pending.
- Currently all new tanks are being installed within 8 days of site ready.
- There are 235 new meter installations pending, with 59 cleared and an average installation time of 3 weeks.
- Wastewater crews installed 1 sewer tap, 8 new PEP pumps, 8 PEP electrical assemblies and 2 risers.
- Repaired 1 PEP main and 1 service lateral.
- Also replaced 20 PEP pumps, 20 floats, 2 ball valves and 8 cleanout caps.
- There were 47 calls after hours.
- There were 11 meter pit adjustments, replacements and repairs.
- Water Distribution crews repaired 8 water service manifolds, repaired 4 water service lines and tested and repaired 176 backflow preventers.
- Wastewater crews inspected via CCTV 15,572 feet of gravity sewer and inspected 53 manholes. There were 4 pump station annual maintenance inspections.
- Completed Smoke Testing on Palm Coast Pkwy between toll bridge and Florida Park Drive.
- Installation of membranes were completed at Wastewater Treatment Plant # 2.



The average water demand for the week was  
8.325 million gallons per day.



The average wastewater flow was  
7.122 million gallons per day



## HIGHLIGHTS WATER DISTRIBUTION

Crews replaced a 6" water main on Rae Drive which serves the Raintree sub division using a 6" High Density Poly Ethylene directional bore under the roadway and connecting it to the existing 6" water main. There were 9 customers issued a 2 day boil water notice.



Crews repaired a 6" water main break on Colleen Ct. replacing a 6" PVC tee with a ductile mechanical joint tee. There were 11 customers issued a 2 day boil water notice.

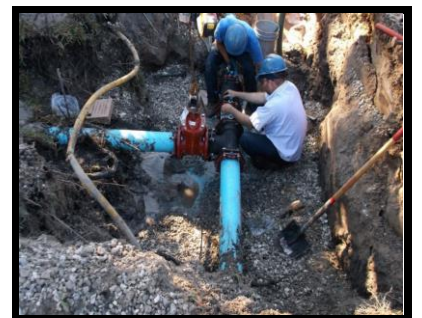
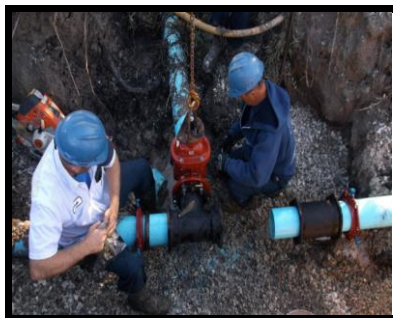




PHOTO: Palm Coast resident Noah Schweers, 2, holds up a blue egg he found at the 2017 Egg'Stravaganza.



## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**March 16, 2018**

### **Egg'Stravaganza and Teen Flashlight Egg Hunt coming up March 30-31**

**Palm Coast** – Families will have the opportunity to celebrate the Easter holiday with two fun and free activities – one geared toward younger children and one for older kids and teens – offered by the City of Palm Coast's Parks & Recreation Department. Both events will be held at Central Park, 975 Central Ave. in the Town Center area of Palm Coast (off of State Road 100 behind Flagler Palm Coast High School).

#### **Teen Flashlight Egg Hunt on Friday, March 30**

The Teen Flashlight Egg Hunt, which is actually for youth 11 to 17, will be at 7 p.m. Friday, March 30, at Central Park. Students 11-17 are invited to search for hidden eggs in the dark and play video games at the Game Time Game Truck. Bring your flashlight! The hunts will be at 8 and 8:30 p.m. with two golden eggs per hunt for grand prizes. The Teen Flashlight Egg Hunt is free.

#### **Egg'Stravaganza on Saturday, March 31**

On Saturday, March 31, from 10 a.m. to 1 p.m., children ages 10 and under will have the opportunity to participate in the Egg'Stravaganza Egg Hunt at Central Park. It's free to participate.

Activities will include egg hunts for 10,000+ eggs, so don't forget your Easter basket! The schedule is as follows:

- 10:45 a.m. – for ages 2 and under (empty eggs)
- 11:15 a.m. – ages 3-5
- 11:30 a.m. – ages 3-5 (round 2)
- 12:15 p.m. – ages 6-8
- 12:30 p.m. – ages 9-10

Additional activities for children include pictures with the Bunny (Polaroid photos available for \$2 or take your own), magic shows, balloon art, carnival games, face-painting and the trackless train. Refreshments will be available for purchase.

For more information on all of these events, visit [www.palmcoastgov.com/events](http://www.palmcoastgov.com/events) or call 386-986-2323.



## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**March 16, 2018**

### **New programs at Palm Coast Community Center, plus full calendar of events for April**

**Palm Coast** – With the Palm Coast Community Center re-opening March 23, the Palm Coast Parks & Recreation Department is offering several new classes for adults and seniors – plus moving recreation programs back to their home base at the Community Center.

New weekly programs include Sit, Stitch N' Give, for knitting, crocheting, embroidering, etc., and Color Me Happy, the popular adult-coloring craze, on Monday mornings. The Palm Coast Wood Carvers are back, meeting on Tuesday afternoons. The City's new Senior Social Corner is open Tuesdays and Thursday mornings, providing an opportunity to get out and make new friends. Mah Jongg, the Chinese game of skill and strategy, will be available on Wednesday afternoons – supplementing the regular Thursday afternoon Game Day Social. All are free, but participants are asked to pre-register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register).

"The new Community Center is much larger, so we can offer our regular adult and senior programs year-round now, even when Summer Camp is in session," said Recreation Specialist Lauren Johnston, who manages the Community Center.

"This is a multi-generational facility, and we're looking forward to offering our older residents more opportunities for social interaction, including some fun special events in the summer," Johnston said. "It will enrich our lives to have a mix of younger and older residents sharing this beautiful building and grounds."

Details on the new programs are shown below in the "Ongoing Weekly Programs" section. This calendar also includes the variety of upcoming events and recreational and sports activities that are open to the public in April.

#### **Special Events for April:**

**April 3 – State of the City event** – The Palm Coast Observer is presenting the City of Palm Coast's inaugural State of the City event on Tuesday, April 3, 11:30 a.m. to 1 p.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Palm Coast Mayor Milissa Holland will report on the "State of the City," highlighting the successes and achievements of the City over the past year and sharing plans for the coming year. Individual tickets are \$36 (plus Eventbrite fee) at <https://2018stateofthecitypalmcoast.eventbrite.com>. More info: 386-447-9723, Option 5.

**April 7 – Night Tours** – Saturday, April 7, 7:30 p.m. at Waterfront Park, 150 Waterfront Park Road (off Colbert Lane), Palm Coast. Children 7 and up and adults will explore the City of Palm

Coast parks and trails by flashlight and see the variety of animals that only come out at night. Please bring a flashlight. Free, but must pre-register by 7 p.m. April 5 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 9 – **Teddy Bear Picnic** – Monday, April 9, 10-10:30 a.m. at Linear Park, 31 Greenway Court, Palm Coast. Children ages 2-5 (with their parents) will bring their favorite teddy bear for story time, game playing or craft and a snack for this Palm Coast Parks & Recreation program. Free, but must pre-register by 10 a.m. April 7 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 9 through May 2 – **Aqua Zumba** – Mondays and Wednesdays, April 9 through May 2, 5:45-6:45 p.m. at Frieda Zamba Swimming Pool, 339 Parkview Drive, Palm Coast. Aqua Zumba blends the Zumba philosophy with water resistance for a more challenging fitness routine. \$40 per session or \$8 drop-in. Register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-4741.

April 10 through May 3 – **Aqua Zumba** – Tuesdays and Thursdays, April 10 through May 3, 9-10 a.m. at Frieda Zamba Swimming Pool, 339 Parkview Drive, Palm Coast. Aqua Zumba blends the Zumba philosophy with water resistance for a more challenging fitness routine. \$40 per session or \$8 drop-in. Register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-4741.

April 10 – **Nature/Fitness Walks** – Tuesday, April 10, 8:30-9:30 a.m. at Linear Park, 31 Greenway Court, Palm Coast. Get your steps in with easy weekly walks through Palm Coast's beautiful parks and nature trails, offered by Palm Coast Parks & Recreation. Learn about the history and environment of each park and what makes it special. Free, but please pre-register by 8 a.m. April 8 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 10 – **Munchkin' Creations** – Tuesday, April 10, 10-11 a.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy NE. Children with their parents will learn to make their own snack while also creating a unique piece of art. Special FREE class this month; must pre-register by 10 a.m. April 8 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 11 – **Coffee Series sponsored by Florida Hospital Flagler** – Wednesday, April 11, 9-10 a.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy NE. Enjoy your morning coffee while listening to professionals discuss informational topics at the new Coffee Series sponsored by Florida Hospital Flagler! This month: "It's All About YOU!" with Nicolle Cella. The Palm Coast Parks & Recreation lecture and coffee are free, but pre-registration is required (while space available) by 9 a.m. April 9: [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 13 – **AARP Driver Safety Program** – Friday, April 13, 9 a.m. to 4 p.m. at the City of Palm Coast's Frieda Zamba Pool Classroom, 339 Parkview Drive, Palm Coast. The nation's first and largest classroom course for motorists ages 50 and older. This one-day course identifies ways that older drivers can compensate for the physical changes that occur as they age and helps older drivers update their driving knowledge and skills. Fees are \$20/session (\$15/session for AARP members). To register, contact AARP representative Karen Zimmerman at 386-585-4116.



April 13 – **Movies in the Park** – Friday, April 13, 8 p.m. in Central Park at Town Center, 975 Central Ave., Palm Coast. Families will enjoy “Kubo and the Two Strings” on the park’s giant outdoor movie screen. Bring your blanket, lawn chairs and snacks and invite your friends and neighbors to join you at this free, monthly family activity offered by Palm Coast Parks & Recreation and Flagler Schools. More info: 386-986-2323 and [www.palmcoastgov.com/movies](http://www.palmcoastgov.com/movies).

April 14 – **3v3 Basketball Tournament** – Saturday, April 14, 9 a.m.-noon at James F. Holland Memorial Park, 18 Florida Park Drive, Palm Coast. Sign up with your team to battle in a 3-on-3 competitive, double-elimination basketball tournament. \$125 team registration fee through April 2 and \$150 after April 2: [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 17 – **Food Truck Tuesdays** - Tuesday, April 17, 5-8 p.m. at Central Park in Town Center, 975 Central Ave, Palm Coast. Purchase and enjoy delicious cuisine available from food trucks situated along Park Street next to Central Park. More info: [www.palmcoastgov.com/foodtruck](http://www.palmcoastgov.com/foodtruck) or 386-986-2323.

April 18 – **Playground Pals** – Wednesday, April 18, 10-11 a.m. Parents can join their children (ages 2-5) monthly to explore Palm Coast playgrounds for play time, arts, crafts and games. Meet new friends and try different playgrounds. This month: Seminole Woods Neighborhood Park. 350 Sesame Boulevard, Palm Coast. Free, but you must pre-register by 10 a.m. April 16 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 20 – **Lunch N’ Lecture Series sponsored by Florida Hospital Flagler** – Friday, April 20, 11 a.m.-12:30 p.m. at Palm Coast Community Center, 305 Palm Coast Pkwy NE. Join professionals during lunch for informational discussions at the monthly Lunch N’ Lecture Series sponsored by Florida Hospital Flagler. This month: “Finding Life Beyond Earth” with Lee Bentzley. This Palm Coast Parks & Recreation lecture and lunch are free, but pre-registration is required (while space available) by 11 a.m. April 18: [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 20 – **Healthcare Provider** – Friday, April 20, 9 a.m.-1:30 p.m. at Palm Coast Fire Station 25, 1250 Belle Terre Pkwy., Palm Coast. This basic life support program for healthcare providers course provides the ability to recognize several life-threatening emergencies, administer CPR, use an AED, and relieve choking in a safe, effective and timely manner. Examples of those who may need this certification are: EMS personnel, physician assistants, dentists, nurses, respiratory therapists and others. All must have a credential (card) documenting successful completion of a CPR course. \$65/person with pre-registration required by 9 a.m., April 17. Sign up at [www.palmcoastgov.com/cpr](http://www.palmcoastgov.com/cpr). More info: [cprcertification@palmcoastgov.com](mailto:cprcertification@palmcoastgov.com) or 386-986-2300.

April 21 – **Night Tours** – Saturday, April 21, 7:30 p.m. at James F. Holland Memorial Park, 18 Florida Park Drive, Palm Coast. Children 7 and up and adults will explore the City of Palm Coast parks and trails by flashlight and see the variety of animals that only come out at night. Please bring a flashlight. Free, but must pre-register by 7 p.m. April 19 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

April 23-May 3 – **Parent and Child Level 1 Swim Lessons** – Monday through Thursday, April 23-May 3. The City of Palm Coast’s Frieda Zamba Swimming Pool will offer these swim lessons to ages 6-36 months at 339 Parkview Drive, Palm Coast. \$45 fee. See schedule and register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-4741.

April 23-May 3 – **Learn to Swim Level 1 Swim Lessons** – Monday through Thursday, April 23-May 3. The City of Palm Coast's Frieda Zamba Swimming Pool will offer these swim lessons to ages 6+ years at 339 Parkview Drive, Palm Coast. \$50 fee. See schedule and register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-4741.

April 23-May 3 – **Adults/Teens Level 1 Swim Lessons** – Monday through Thursday, April 23-May 3. The City of Palm Coast's Frieda Zamba Swimming Pool will offer these swim lessons to ages 16+ years at 339 Parkview Drive, Palm Coast. \$50 fee. See schedule and register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-4741.

April 28 – **Teddy Bear Picnic** – Saturday, April 28, 10-10:30 a.m. at Holland Park, 18 Florida Park Drive, Palm Coast. Children ages 2-5 (with their parents) will bring their favorite teddy bear for story time, game playing or craft and a snack for this Palm Coast Parks & Recreation program. Free, but must pre-register by 10 a.m. April 26 (while space available): [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Now through May 2 – **Adult Open Gym Volleyball** – Two sessions: Mondays or Wednesdays, through May 2, 7-9:30 p.m. at Indian Trails Middle School, 5505 N. Belle Terre Pkwy., Palm Coast. Come with friends or come alone and play adult recreational, co-ed volleyball with an open gym that creates new teams weekly. Teams rotate in and out of play. One net is for competitive style play and the second net is for recreational style play. Offered by Palm Coast Parks & Recreation. \$22 for either session. Register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Now through May 3 – **Adult Open Gym Basketball** – Two sessions: choice of Tuesdays or Thursdays, through May 3, 7-9:30 p.m., at Indian Trails Middle School, 5505 N. Belle Terre Pkwy., Palm Coast. This is an adult, co-ed, non-competitive recreation program offered by Palm Coast Parks & Recreation. \$22 for either session. Register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

### **Ongoing Weekly Programs**

Mondays – **Sit, Stitch N' Give** – Mondays, 9-11am at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Does life have you all tied up in knots? Join us for a chance to unwind. Come chat, knit, crochet, embroider, etc., and laugh with those who understand your desire to take a long piece of thread fiber and create a beloved "work of heart." All levels of experience are welcomed. Free but please register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Mondays – **Color Me Happy** – Mondays, 9-11am at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Think you're too old to color? Well, think again! Seniors coloring is a great, fun way to combat stress, promote mindfulness, allow creativity and activate different areas of the brain. Bring your favorite coloring book or pages and colored pencils or use the supplies we have available. Free but please register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Mondays or Wednesdays – **Beginners (tennis for adults)** – 9:30-10:30 a.m. Mondays OR 7-8 p.m. Wednesdays at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. A social clinic that teaches the fundamentals of tennis. \$60/session or \$11 drop-in. More info: 386-986-2550 or [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register).

Mondays and Thursdays – **Pickleball Ladder League** – Singles play will be 1 to 3 p.m. Mondays, and doubles play will be 11 a.m. to 1 p.m. Thursdays at Holland Park, 18 Florida Park Drive, Palm Coast. In this adult league, players will be placed into groups of four each week, in the order of their ranking on the ladder for match play. Rankings will be determined after results of each round of play. \$5 for entire session March 1 to April 26. Register: [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Mondays and Wednesdays – **Red Rallies (youth tennis program)** – Mondays and Wednesdays, 5-6 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 6-8 years, with cooperative and competitive partner and team activities, players develop match skills and make tennis friends. \$108/session or \$10/drop-in. Pre-register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2550.

Mondays and Wednesdays – **Orange Rallies (youth tennis program)** – Mondays and Wednesdays, 6-7 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 8-11 years, with cooperative and competitive partner and team activities, players develop match skills and make tennis friends. \$108/session or \$10/drop-in. Pre-register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2550.

Mondays, Wednesdays and Fridays – **Cardio Tennis (tennis for adults)** – 7-8 p.m. Monday; 9:30-10:30 a.m. Wednesday; 9:30-10:30 a.m. Friday at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. Get your heart rate up with tennis drills and games. \$9 pre-registration or \$12 same-day registration. More info: 386-986-2550 or [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register).

Tuesdays and Thursdays – **Senior Social Corner** – Tuesdays and Thursdays, 9-11am at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Looking to get out of the house and mingle? Join our Senior Social Corner and make new friends! Sit and relax in the comfort of our Community Center and chat about whatever is on your mind that day. Free but please register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Tuesdays – **3.5 & Up Doubles Clinic (tennis for adults)** – Tuesdays, 9:30-11 a.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. Situational drills and games for doubles. \$14 pre-registration or \$18 same-day registration. More info: 386-986-2550 or [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register).

Tuesdays – **Wood Carvers** – Tuesdays, 1-4pm at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. The art of wood carving has a history that spans centuries. At its core, wood carving transforms a piece of wood into a masterfully crafted work of art. This program is open to men and women of all levels and abilities. Participants must bring their own materials. Free but please register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Tuesdays, Wednesdays, Fridays – **Pickleball Open Court** – 1 to 3 p.m. Tuesdays; 6-8 p.m. Wednesdays; and 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is provided during Open Court. More info: Palm Coast Parks & Recreation at 386-986-2323.

Tuesdays and Thursdays – **Green Rallies (youth tennis program)** – Tuesdays and Thursdays, 5-6 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 11-14 years, with cooperative and competitive partner and team activities, players develop match skills

and make tennis friends. \$108/session or \$10/drop-in. Pre-register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2550.

Tuesdays and Thursdays – **Junior Development (youth tennis program)** – Tuesdays and Thursdays, 6-7:30 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 11-18 years, with focus on refining techniques and tactics for doubles and singles. \$144/session or \$15/drop-in. Pre-register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2550.

Tuesdays/Saturdays/Sundays – **Tennis Round Robins** – Round Robins are offered three times a week: 6-8 p.m. Tuesdays; 9:30-11 a.m. Saturdays; and 9:30-11 a.m. Sundays at Palm Coast Tennis Center, 1290 Belle Terre Pkwy. \$5 per person; free for Pass-Holders. More info: 386-986-2550.

Wednesdays– **Mah Jongg** – Wednesdays, 1-4 p.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Mah Jongg is a game that originated in China. Join in on this game of skill, strategy, and calculation and make new friends. Free but please register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2323.

Wednesdays – **Rookie Rallies (youth tennis program)** –Wednesdays, 6-7 p.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. For players ages 4-6 years, with focus on the Athletic ABCs (agility, balance, and coordination). \$54/session or \$10/drop-in. Pre-register at [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register). More info: 386-986-2550.

Thursdays – **2.5-3.0 Doubles Clinic (tennis for adults)** – Thursdays, 9:30-11 a.m. at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. Situational drills and games for doubles. \$14 pre-registration or \$18 same-day registration. More info: 386-986-2550 or [www.palmcoastgov.com/register](http://www.palmcoastgov.com/register).

Thursdays – **Game Day Social** – Thursdays, 12:30-4 p.m. at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by the Parks & Recreation Department. Light refreshments are served. Free. More info: 386-986-2323.

Fridays – **Beginner's Pickleball** – 11 a.m.-1 p.m. Fridays. Try out the paddle sport that combines tennis, badminton and ping-pong! This adult program is offered free at Belle Terre Park tennis courts, 339 Parkview Drive, Palm Coast. Equipment is provided during Open Court. More info: Palm Coast Parks & Recreation at 386-986-2323.

See the full Calendar of Events at [www.palmcoastgov.com](http://www.palmcoastgov.com). The Parks & Recreation Department can be reached at 386-986-2323.





**NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**March 20, 2018**

**Mayor's 30/30 Challenge: Exercise a mile-a-day for 30 days starting March 24**

**Palm Coast** – Now that the weather is warming up, Palm Coast Mayor Milissa Holland is challenging residents to get outdoors and get active!

The Mayor's 30/30 Challenge will kick off Saturday, March 24, and continue for 30 days through Monday, April 23. The challenge is to move at least 30 miles in 30 days – an average of one mile per day.

Anyone who lives, works, shops, plays or exercises in Palm Coast is welcome to join in the fun. The Challenge is open to all ages, and families are encouraged to participate together!

Participants can choose their own form of exercise – and will log their success through the City website: [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy). Progress will be self-reported throughout the month. It's free to sign up and participate.

Everyone who completes the Mayor's 30/30 Challenge will receive a prize during the Arbor Day Celebration in May. Special prizes will also be awarded.

"The benefits of exercise are well-documented – having an active lifestyle truly contributes to a good quality of life," said Mayor Holland. "The weather and beautiful trails and parks we have in Palm Coast make this a natural place for recreation."

"For our new 30/30 Challenge, people who are already exercising regularly are welcome to participate. But we really want to challenge people who are just embarking on a new fitness journey," Holland said. "Find an activity you enjoy and try to make it a daily habit. Those small steps, taken day after day, add up to an active lifestyle."

The Mayor's 30/30 Challenge will start March 24. Go to [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy) to sign up and begin logging your miles!

For more information, contact Parks & Recreation at 386-986-2323.



**NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**March 20, 2018**

**City of Palm Coast offices to be closed Friday, March 30**

**Palm Coast** – All City of Palm Coast offices will be closed Friday, March 30, for the Good Friday holiday. Offices will re-open on Monday, April 2, at 8 a.m. Recycling and garbage collection will proceed according to the regular schedule.

Photo: Palm Coast Council Members, Parks & Recreation staff and representatives of Florida Hospital Flagler announce the new partnership.



### **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**March 21, 2018**

### **City of Palm Coast and Florida Hospital Flagler announce expanded partnership**

**Palm Coast** – The Palm Coast Parks & Recreation Department and Florida Hospital Flagler have a common goal and mission – to improve the quality of life of local residents through health and wellness initiatives.

The City and the hospital have worked together in the past, and now they're making the partnership official and expanding the number of community activities offered jointly. A new Health and Wellness Event Partnership was announced at Tuesday's meeting of the Palm Coast City Council.

"Health and wellness and quality of life really go hand-in-hand," Parks & Recreation Marketing Supervisor Brittany McDermott told the Council.

Among the newest programs supported by the hospital are the Lunch N' Lecture Series, offered on the third Friday of each month, and the Coffee Series, held on the second Wednesday of each month. Topics for the free lecture series are often centered around health issues, and Florida Hospital Flagler doctors have served as speakers.

The hospital has supported the Palm Coast and the Flagler Beaches Senior Games and Parks & Recreation Month in July in recent years, and that will continue. On July 27, as part of Parks & Recreation Month, a free public health screening will be held at the Palm Coast Community Center, and the hospital is planning other health screening events, as well. For Senior Games, scheduled for Sept. 7 to 23 this year, the hospital will do community outreach and provide a physical therapist at Senior Games events.

Florida Hospital Flagler is also supporting the new Mayor's 30/30 Challenge, which kicks off Saturday and continues through April 23. The challenge is to move at least 30 miles in 30 days – an average of one mile per day. Participants can sign up and log their miles at [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy). They can choose their own form of exercise!

"This health and wellness sponsorship between Florida Hospital Flagler and Palm Coast Parks & Recreation was designed to motivate individuals to live healthier lives," Florida Hospital Flagler CEO Dr. Ron Jimenez said during Tuesday's announcement. "This aligns with the vision

of Florida Hospital Flagler to provide holistic care, and by holistic care we mean care that addresses not just physical health, but also emotional and spiritual health.”

“We couldn’t be more excited about this opportunity and the impact we will make on the community by motivating individuals to set and improve lifestyle goals,” Jimenez said.

For more information, contact Cindi Lane, Communications & Marketing Manager, at [clane@palmcoastgov.com](mailto:clane@palmcoastgov.com) and 386-986-3708.



**March 22, 2018**

**Temporary road closures: Ryding Lane and Reynolds Place**

**Palm Coast** – The City of Palm Coast Public Works Department is planning temporary road closures on Ryding Lane and Reynolds Place in the coming week for drainage pipe replacements.

From 7:30 a.m. to 3:30 p.m. Tuesday, March 27, the roadway in front of 10 Ryding Lane will be closed. Residents will have access to their homes, but the road will be closed to through traffic.

From 7:30 a.m. to 3:30 p.m. Thursday, March 29, Reynolds Place will be closed to traffic in the vicinity of 30 Reynolds Place. Residents will not be able to access their homes by vehicle during those construction hours.

The City of Palm Coast appreciates the patience and cooperation of residents and motorists during these important drainage projects.

For more information, call Customer Service at 386-986-2360.





107 Cats

75 Dogs

4 Rabbits

## *Animals ready for homes*

Sen. Marisol Alcantara plans to introduce a bill that would give pet passengers the same rights as humans when flying on airplanes. This bill comes in the wake of the death of Kokito, a French bulldog, who was forced to ride in an overhead compartment by a United Airlines flight attendant. This is not the first time that a pet has died while traveling on a plane. Many of the pets travel in the cargo hold where it is climate controlled so that the pets will not be in danger from the temperature. The Flagler Humane Society have flown animals across the country before with no incidents. There were a few times that the animals were unable to catch a flight as the temperatures were unfavorable for boarding. This does not mean that the cargo hold temperature was off but that the animals would have spent too much time on the tarmac before entering the cargo hold. We would immediately pull our pets off a plane that made us store the animal in a place where we thought the pet may be in danger”, stated Flagler Humane Society Executive Director, Amy Carotenuto. We encourage pet owners to do their research on the airline to make sure that the airline has a good reputation with animal travel. **Donation Opportunities:** The *Flagler Humane Society Thrift Store* always accepts donations. They cannot take in any computers/printers or large appliances. Call 386-597-2839 and leave a message.

“*General Donations*” can be dropped off anytime at your convenience. FHS appreciates all donations, especially those from our Wish List (available at [flaglerhumane.org/wish-list](http://flaglerhumane.org/wish-list)). You can also purchase items via the Amazon.com link on the FHS website and ship them directly to the shelter.

**Outreach Adoption Events:** Don't forget that FHS have volunteers and adoptable pets at Petco in Palm Coast on Sundays and at PetSmart in Palm Coast on Thursdays, Fridays & Saturdays. Interested in becoming a volunteer? Attend an orientation! Volunteer orientations are held at noon in the Humane Society education room every second Saturday of the month. Applications can be found on the FHS website. Interested in helping at Outreach Adoption Events? Join our Outreach Team! For more information, contact the volunteer coordinator at [volunteer@flaglerhumane.org](mailto:volunteer@flaglerhumane.org). Interested in fostering? Contact our adoption specialist at [adopt@flaglerhumane.org](mailto:adopt@flaglerhumane.org). **Adoption Specials:** Check the FHS Facebook for any Adoption Specials.

**Upcoming Fundraisers/Events:** See the FHS Website for more information on our upcoming Spay-ghetti Dinner, Paint Your Pet and Bow Wow Bingo.

**Offered Services:** The Flagler Humane Society has a variety of *Subsidized Spay & Neuter Programs* for members of the community that need to have their pets or community pets sterilized. Please call FHS at 386-445-1814, email [info@flaglerhumane.org](mailto:info@flaglerhumane.org) for questions.

FHS has a *Wellness Clinic* for minor veterinary issues. Call 386-445-1814 for Appointments. *Low Cost Vaccination Clinics* are held on the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of every month from 1pm-3pm. No appointments are necessary for the Low Cost Vaccination Clinics.

FHS also offers a “*Pet Food Pantry*” for those that are in need of assistance. Please call for more information.

**To keep up with Flagler Humane Society happenings** – visit us on the FHS Facebook/Twitter, our website at [www.flaglerhumane.org](http://www.flaglerhumane.org), or via email at [info@flaglerhumane.org](mailto:info@flaglerhumane.org).

## Pet of the Week



### BUNNIES

Stop by and see our beautiful bunnies for adoption!

#### **Adoption specialist:**

Katrina Geigley  
[adopt@flaglerhumane.org](mailto:adopt@flaglerhumane.org)

#### **Outreach Manager:**

Katie Share  
[kshare@flaglerhumane.org](mailto:kshare@flaglerhumane.org)